

P a t e n t   C l a i m s :  
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1. A method of assisting a user in a medical self  
5 treatment, said self treatment comprising a plurality of  
actions, said method comprising the steps of
- collecting in a one or more databases data representing  
values of parameters relevant for said self treatment,  
c h a r a c t e r i z e d in that said method further  
10 comprises the step of
  - processing said one or more databases to provide for  
alternative choices between two or more actions and a  
corresponding value for each two or more actions.
- 15 2. A method according to claim 1, c h a r a c t e -  
r i z e d in that said method further comprises the step  
of estimating one or more future values for one of said  
parameters.
- 20 3. A method according to claims 1 - 2, c h a r a c t e -  
r i z e d in that said step of estimating one or more  
future values is done on the basis on a dynamic model  
representing the human metabolism.
- 25 4. A method according to claims 2 - 3, c h a r a c t e -  
r i z e d in that said method further comprises the step  
of notifying said user if at least one of said one or  
more future values are outside a predetermined range of  
acceptable values.
- 30 5. A method according to claim 2 - 4, c h a r a c t e -  
r i z e d in that said method further comprises the step  
of notifying a care-team/professional/central system if  
at least one of said one or more future values are  
35 outside a predetermined range of acceptable values.

6. A method according to claims 1 - 5, c h a r a c -  
t e r i z e d in that said method further comprises the  
steps of

- 5   • registering one of said alternative choices selected  
      by said user and registering a corresponding value  
      specified by said user, and
- collecting in said one or more databases said  
      registered choice and said registered corresponding  
10   value.

7. A method according to claims 1 - 6, c h a r a c -  
t e r i z e d in that said method further comprises the  
step of collecting in said one or more databases data  
15 representing the time.

8. A method according to claims 1 - 7, c h a r a c -  
t e r i z e d in that said method further comprises the  
step of collecting in said one or more databases data  
20 specified by a care-team/professional/central system.

9. A method according to claims 2 - 8, c h a r a c t e -  
r i z e d in that said self treatment is a self  
treatment for diabetes and said one or more future values  
25 represents a predicted blood glucose level (BGL) at  
different future points in time.

10. A method according to claim 9, c h a r a c t e -  
r i z e d in that said parameters comprises one or more  
30 of

- blood glucose level (BGL),
- amount of administered medication,
- amount of administered insulin,
- type of medication,
- 35 • time stamp,

- amount of intake of food,
- amount of intake of drinks,
- measurement of physical activity,
- insulin sensitivity,
- 5 • temperature,
- blood pressure, and
- weight of said user.

11. A method according to claims 1 - 8, c h a r a c t e -  
10 r i z e d in that said parameters comprises one or more  
of

- body fluid concentration,
- amount of administered medication,
- type of medication,
- 15 • time stamp,
- amount of intake of food,
- amount of intake of drinks,
- measurement of physical activity,
- insulin sensitivity,
- 20 • temperature,
- blood pressure, and
- weight of said user.

12. A method according to claim 11, c h a r a c t e -  
25 r i z e d in that said method relates to one or more of  
the following medications:

- insulin,
- growth hormones,
- OHA (Oral Hyperglychemical Agent), and
- 30 • HRT (Hormone Replacement Therapy).

13. A method according to claims 1 - 12, c h a r a c -  
t e r i z e d in that said alternative choices are  
selected from the group of

- 35 • administer slow acting insulin,

- administer fast acting insulin,
- administer tablets,
- exercise,
- intake food, and
- 5 • intake drinks.

14. A method according to claims 1 - 13, c h a r a c -  
t e r i z e d in that said method further comprises the  
step of controlling data information between a plurality  
10 of portable apparatuses for use by a patient for medical  
self treatment, the treatment including a first action  
and at least a second action, said portable apparatuses  
comprising a first apparatus for performing the action  
operation, and at least a second apparatus for performing  
15 the second action, where

- each apparatus belonging to the medical self treatment  
has means for one or more of the following: storing,  
transmitting, receiving, processing and displaying  
information,
- 20 • an attempted data communication between said  
apparatuses is initiated on request, said  
communication being controlled by a functional master  
module,
- designating said functional master module among at  
25 least two of said apparatuses, and
- designating a processing apparatus comprising said one  
or more databases among at least two of said  
apparatuses.

30 15. A method according to claim 14, c h a r a c t e -  
r i z e d in that program information having the highest  
priority with respect to control and monitoring of mutual  
data communication between said apparatuses is  
stored/activated in said functional master module.

16. A method according to claims 14 - 15, c h a r a c -  
t e r i z e d in that said method further comprises  
designating a new functional master module if the current  
designated master module becomes unavailable.

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17. A method according to claims 14 - 16, c h a r a c -  
t e r i z e d in that said method further comprises  
designating a new processing apparatus if the current  
designated processing apparatus becomes unavailable.

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18. A method according to claims 12 - 17, c h a r a c -  
t e r i z e d in that said method further comprises the  
step of receiving said data representing values of  
parameters relevant for said self treatment from one or  
15 more of said portable apparatuses.

15

19. A method according to claim 12 - 18, c h a r a c -  
t e r i z e d in that said method further comprises the  
step selecting one or more portable apparatuses which is  
20 present and active from all the portable apparatuses and  
presenting corresponding choices only for the selected  
one or more portable apparatuses.

20

20. A computer system having means for executing a  
25 program, where the program when executed is to make the  
computer execute the method according to claims 1 - 19.

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21. A computer readable medium having a program recorded  
thereon, where the program when executed is to make the  
30 computer execute the method according to claims 1 - 19.

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